



TRAINING SCHEDULE

***Scott County March 29, 2004**

Scottsburg Days Inn
812-752-2212

***Porter County May 7, 2004**

Indian Oak Resort at Chesterton Ind.
1-800-552-4232---219-926-2200

***Marion County June 21, 2004**

Indiana State Department of Health
Rice Auditorium—317-233-1256

***Delaware County June 23, 2004**

Holiday Inn Express at Muncie
1-765-289-4678

***Elkhart County June 30, 2004**

Matterhorn Restaurant in Elkhart
574-262-1509

The training times are 8:30 a.m. sign-in
to 4:30 p.m. local times.

Funded By:

Indiana State Department of Health
Maternal and Child Health Division

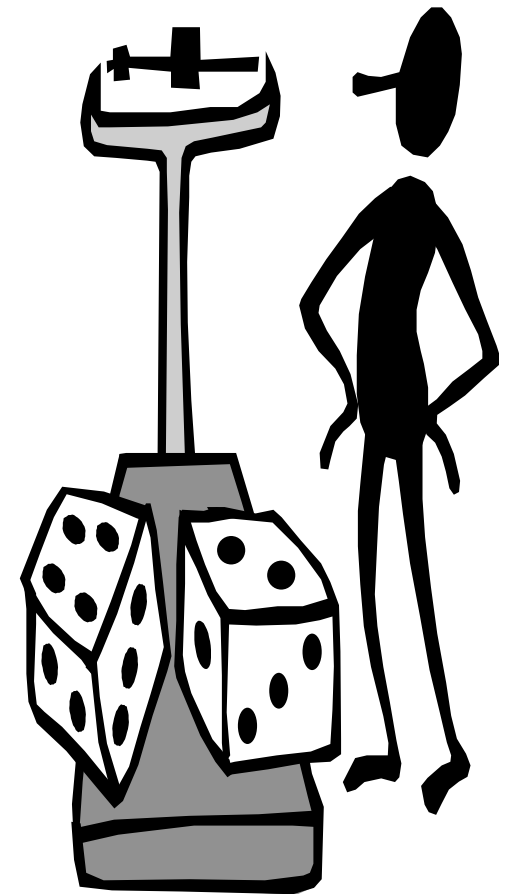
2 North Meridian St. 8FI

Fax 317-233-1300

OBESITY WORKSHOP

TOPICS

**CHILDHOOD OVERWEIGHT,
BMI, AND BRIGHT FUTURES
CURRICULUM**



Question Concerning Curriculum:

Call Larry Nelson @ 233-1256 with questions
or to cancel a registration. Or e-mail at
lnelson@isdh.state.in.us

INSTRUCTORS

Barbara J. Mayfield, M.S., R.D. President and
Founder of Noteworthy Creations, Inc., in
which she develops nutrition education
resources, and consults, writes, and speaks to
nutritionist and educators across the country
about nutrition education. She is also a
Faculty Member of the Food and Nutrition
Dept. of Purdue University.

Pamela R. Estes, MS, RD, CD. She is
presently working with Pre - Enterprises
providing Nutrition counseling and
presentations. Her past experience involved
managing the Nutrition Services Department
for the Marion County Health Department,
which included the WIC Program and the
Community Nutrition Program. She also
served as the Johnson County WIC manager.

HOW TO REGISTER? Mail /or FAX
Registration Form To The Attention Of:
Larry Nelson, MCH Training Manager, 2
North Meridian Street 8th floor, Indianapolis,
Indiana, 46204. 317-233-1300 FAX

WORKSHOP DESCRIPTIONS:

The Problem: "OBESITY"

There is no clear answer to the national obesity epidemic. The statistics for childhood obesity are not encouraging, and the root causes not clearly understood. Approximately 20% of Indiana children are obese by the time they reach the eighth grade. Another 35% are at risk of becoming obese. In addition, it is estimated that Indiana spent approximately \$1.6 billion on obesity-related medical costs in 2003, and is presently ranked 7th nationally for obesity among all of its population. As a stakeholder the Indiana State Department of Health Maternal and Child Health program will make a concerted effort to provide training around this issue in the spring/summer of 2004.

TRAINING CONTENT IN BRIEF

I. Assessing Weight and Growth for MCH populations using Body Mass Index calculations.

Definition: BMI stands for Body Mass Index. For adults aged 20 years or older it is a number that shows body weight adjusted for-height. BMI can be calculated with simple math using inches and pounds, or meters and kilograms. For adults aged 20 years or older, BMI falls into one of these categories/Underweight, normal, overweight, or obese.

In children and teens, body mass index is used to assess underweight, overweight, and risk for overweight. Children's body fatness changes over the years as they grow. Also, girls and boys differ in their body fatness as they mature. This is why BMI for children, also referred to as

BMI-for-age, is gender and age specific. BMI-for-age is plotted on gender specific growth charts.

2. Bright Futures In Practice.

Definition: The Bright Futures program guidelines are generated from Georgetown University and are dedicated to the principle that every child deserves to be healthy and that optimal health involves building a trusting relationship between the health professional, the child, the family, and the community as partners in health practice. The guidelines present a detailed framework for health professionals, in partnership with families, to promote the developmental health and well-being of children from birth to young adulthood.

- **Bright Futures in Practice**

Nutrition: The Bright Futures nutrition series provides developmental nutrition guidelines from the prenatal period through adolescence. Nutrition emphasizes prevention and early recognition of nutritional concerns. This guide provides technical information to meet the needs of health professionals, and practical and educational information for families and communities.

- **Bright Futures in Practice**

Physical Activity: These guidelines provide developmental guidelines on physical activity for the periods of infancy through adolescence. The guide provides current information on screening, assessment, and counseling to promote physical activity and to meet the needs of health professionals, families, and communities.

3. Building On The Positive:

- Teaching nutrition and physical activity within the context of parenting
- Strategies for client-centered counseling

Download Training Materials For Bright Futures **Nutrition and Physical Activity** From the Publications Section at:

www.brightfutures.org/

REGISTRATION FORM

Name: _____

Address: _____

City: _____

Zip: _____

County: _____

Phone: _____

Fax: _____

E-Mail: _____

Training Date (Circle One)

March 29, 2004

May 7, 2004

June 21, 2004

June 23, 2004

June 30, 2004

Circle One

MCH CLINIC

CHC CLINIC

WIC CLINIC

NMC CLINIC

HEALTH DEPT. DOCTOR'S OFFICE

Other: _____